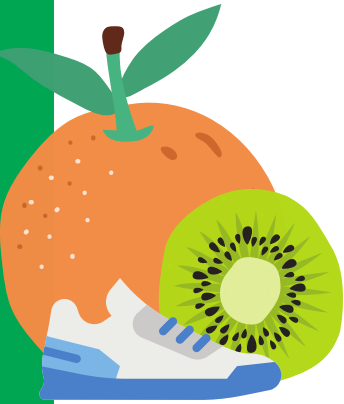


2021 SNAP-Ed Works!

Healthier Lives Through Nutrition Education



Supplemental Nutrition Assistance Program Education (SNAP-Ed) is an evidence-based program that helps people lead healthy and active lives.

At the Iowa Department of Public Health, SNAP-Ed serves low-income youth and older adults by working to:

- Educate on the importance of fruit and vegetable consumption and physical activity
- Promote positive nutrition and physical activity messaging
- Guide communities to make changes that help make the healthy choice the easy choice

IOWA'S CHALLENGES

1 in **11** people and **1** in **8** children face hunger in Iowa¹



7th

Iowa's rank in the Nation for Adult Obesity Prevalence



Almost **41%** of Households Receiving SNAP Benefits Have Children

OUR SOLUTIONS

Individual



Educate youth and older adults on the importance of fruit and vegetable consumption and physical activity with monthly program lessons:

- **Pick a better snack™**
- **Fresh Conversations**

Social Marketing



Support youth and parents with positive educational messaging on healthy diets and active lifestyles with social marketing campaigns:

- **Pick a better snack™**
- **Play Your Way**

Environmental



Guide schools and communities in making changes that will help make the healthy choice the easy choice with policy, systems, and environmental (PSE) change projects:

- **Farm to School**
- **Play Your Way**
- **Physical Activity Access**

2021 RESULTS

IDPH worked in **71** counties with **138** partners in a variety of settings.



Elementary schools



Congregate meal sites



Low-income senior housing



Libraries



Communities

Individual

24,857

K-3rd grade students reached with **Pick a better snack™**



655

older adults reached with **Fresh Conversations**



Social Marketing

436,309

individuals reached with nutrition messaging



354,558

individuals reached with physical activity messaging



Environmental

3,832

students reached with school gardens



24,002

students and older adults reached with physical activity projects



Learn more at www.idph.iowa.gov/inn

